
SUNSET VET CARE

www.sunsetvetcare.co.nz

hello@sunsetvetcare.co.nz

021 029 81272



The HHHHHMM Quality of Life Scale was developed by Dr. Alice Villalobos to help pet owners and veterinarians assess a pet's well-being during serious illness or end-of-life care.

Use the following criteria to evaluate your pet. Score each area from 0 (poor) to 10 (excellent).

Criteria	Description	Score (0-10)
HURT	Adequate pain control & breathing ability are top concerns. Is the pet's pain well managed? Can the pet breathe properly? Does the pet pant or groom excessively? (Often signs of pain)	
HUNGER	Is the pet eating enough? Is the pet willing to eat normal food or only enticed by treats? Does hand-feeding help? Does the pet need a feeding tube?	
HYDRATION	Is the pet dehydrated? If you pull up a small 'tent' of skin on the head or neck, does it snap back into place as yours does?	
HYGIENE	The pet should be brushed and cleaned, particularly after eliminations. Are there any wounds (mass ulceration, pressure sores etc)?	
HAPPINESS	Does the pet express joy and interest? Is the pet responsive to family, toys, etc.? Is the pet depressed, lonely, anxious, bored, or afraid?	
MOBILITY	Can the pet get up without assistance? Does the pet need human or mechanical help (e.g. a cart)? Does the pet feel like going for a walk? Is the pet having seizures or stumbling?	
MORE GOOD DAYS THAN BAD	When bad days outnumber good days, quality of life may be compromised. If difficult days predominate, the caregiver should consider that the end may be near and euthanasia may be the most compassionate option.	
TOTAL	A total score over 35 points generally indicates acceptable quality of life to continue hospice or palliative care.	

For more support and resources, visit www.sunsetvetcare.co.nz
